



THE COURIER



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Anthem To Sell To Humana

Courtesy of Anthem, Inc.

Anthem, Inc. announced that it has signed a definitive agreement to sell the TRICARE operations of its subsidiary, Anthem Alliance Health Insurance Company (Anthem Alliance), to Humana Inc.

Since 1998, Anthem Alliance has administered the Managed Care Support Contract for TRICARE Mid-Atlantic (Region Two) and TRICARE Heartland (Region Five). Humana's wholly owned subsidiary, Humana Military Healthcare Services (HMHS), administers the Managed Care Support Contract for TRICARE Regions Three and Four in the South



and Southeast and will assume responsibility for these newly acquired regions. TRICARE is the health plan for the Department of Defense, providing benefits to active and retired military

personnel and their dependents.

Under the proposed agreement, Humana will acquire the existing operations of Anthem Alliance. The transfer of operations to HMHS is expected to become effective by May 31.

"Anthem is proud of Anthem Alliance's performance," said Barbara J. Gagel, Chairman of the Board of Anthem Alliance. "It is a successful com-

see **HUMANA** on page 3

NMCP to witness the resurrection of Building One



Photo courtesy of Henry Plato

NMCP is looking for old momentos of Building One such as this photo taken in 1927.

By **JO2 Duke Richardson** and **JO3 Jodi Durie**

For nearly a year and a half, Building One has been undergoing a facelift of sorts to restore it to its original glory. The foundation for Building One, the nation's first naval hospital, was laid on Apr. 2, 1827. It admitted its first patients in 1830 even though only one wing of the hospital was completed. Construction of Building One was completely constructed in 1833. The grand reopening is scheduled for the end of this year and you are invited

to participate in celebrating and preserving a piece of history.

Throughout its early history, Building One was a cornerstone for naval medicine and care during the Civil War and the Spanish-American War. But it was during World War One that the hospital enjoyed a period of steady growth and development. The hospital was averaging a total of approximately 200 patients a day, but during the U.S. involvement

see **ONE** on page 10

NMCP's Baby webpage is now online!



What proud parent can resist showing a photo of their new baby boy or girl? Not the parents here at NMCP. April 4th marked the unveiling of "Baby Web," linked to the command web page proudly shows the new arrivals. The page can be found at www-nmcp.mar.med.navy.mil. click on "New Arrivals."

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MWR Events

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- May 4-Team Step-1100-Gym.
- May 8-3-point b-ball-1200-Gym.
- May 9-Bench press contest-1200-Gym.
- May 16-Fun Walk-1200-Gym.
- May 18-Latin Step-1100-Gym.
- May 23-Pool Deck Cook Out-1200.
- May 23-Fun Run-1200-Gym.
- May 30-Towel Swim-1100-Pool.
- May 30-Pool Tourney-1700-Sandbar.

THE COURIER

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How do I get something in The Courier?

The command's monthly publication provides an avenue to circulate all the useful information the Medical Center staff has to offer. Contact the Public Affairs Office at 953-7986, Fax 953-5118, via Guardmail, or you can E-mail JO2 Duke Richardson at: ddrichardson@pnh10.med.navy.mil. Submissions should be on a disk in text or Word format with a paper copy attached. Photos are welcome and can be returned on request.

The Courier now comes out once a month. Send your submissions to the Public Affairs Office and we'll put it in the next current issue, space permitting. Submission deadline for the next issue is May 14!!

We are located in Bldg. 215, second deck, Room 2-118 (next to the Conference Room.)

Boost your MGIB benefits

By Michael McLellan, NAVPERSCOM Public Affairs

Millington, Tenn. (NWS) — A provision of the recently-enacted Veterans Benefits and Health Care Improvement Act of 2000 permits certain Sailors to increase their monthly Montgomery GI Bill (MGIB) program benefits by making an additional contribution to the program.

Only Sailors who entered active duty after July 1, 1985, and enrolled in MGIB during their first two weeks of active duty are eligible.

Effective May 1, each additional contribution of \$4 will increase the monthly MGIB benefit by \$1 under the terms of the Act. The maximum additional contribution possible is \$600.

Sailors contributing the maximum would realize an increase to their MGIB monthly benefit of \$150. In other words, Sailors who make the additional maximum contribution, and are enrolled as full-time students following active duty, will receive a total benefit of \$800 monthly.

There are specific limiting eligibility requirements that apply to this provision. One constraint is that members who elect this option can contribute the additional amount only while serving on active duty. This is the law and is not waivable.

However, eligible Sailors who were on active duty on the Nov. 1, 2000, enactment date of the legislation and separated prior to the effective date of May 1, have until July 31 to contribute.

Separated members should make payment directly to the Department of Veterans Affairs (DVA). Affected members should contact the DVA at 1-888-GIBILL1, or 1-888-442-4551.

Personnel who are enrolled in the MGIB program by reason of involuntary separation, conversion from Veterans Educational Assis-

tance Program (VEAP) or Vietnam-Era GI Bill, and those who enrolled in MGIB during the open enrollment period of Dec. 1, 1988, through June 30, 1989, are not eligible for this option.

"A nine-to-one return on your investment is possible," explained Mrs. Kathy Wardlaw, branch head of the federal education programs branch (PERS-604) at Navy Personnel Command in Millington, Tenn. "Combine the current Montgomery GI Bill benefit amount with the benefit available by making the maximum contribution allowed by the new law, and use the benefit for the full 36 months to maximize your benefit."

Further details regarding necessary action for participation will be announced soon via Navy-wide message.

Additional information is available by calling PERS-604 MGIB program customer service representatives at DSN 882-4258 or 1-800-962-1425.

TRICARE

Q & A

happy with the care and service my family and I have received with TRICARE until recently. Who can I talk to about what I feel is poor service?

Answer: Any grievance should be reported to the Military Treatment Facility Commander or the Lead Agent in your region if you were treated at a military facility. Usually, the regional Managed Care Support contractor is responsible for resolving grievances for any services provided by civilian network providers under TRICARE. For more information, go to TRICARE's website at www.tricare.osd.mil/tricare.servicecenters.

Sailors have new options when dealing with detailers

By JOC(SW/AW) Mike Morley, Navy Personnel Command Public Affairs

Millington, Tenn. (NWS) — Navy Personnel Command (NPC) in Millington, Tenn., recently launched the Detailer Communications Initiative (DCI), a program that has significantly changed the enlisted detailing process and is designed to increase the communication between detailers and Sailors. Under this new program, detailers will contact Sailors at 12 months prior to their projected rotation date (PRD) or end of active obligated service (EAOS). Detailers will listen

to the Sailor's desires for orders and career intentions, and discuss any issues that could affect orders eligibility or screening, such as exceptional family members or financial problems. This conversation, ideally brokered by the Sailor's command career counselor, is designed to give the Sailor and his or her family a good idea of what type of duty to look for once they reach their nine-month negotiation window.

"I try to find out what their plans are," said BUC(SCW) Tom Kane, a Seabee detailer for the Builder, Engineering Aide and Steelworker ratings. "I have all their career path information on my screen when I call, and I can answer any questions they might have on the spot." Although the program is barely off the ground, Kane



U.S. Navy photo by Photographer's Mate 1st Class Michael Wornor

says he's placed 12-month calls to more than 100 of the 3,100 Sailors he's responsible for detailing.

At 10 months before a member's projected rotation date or end of active obligated service, a short orders preparation checklist is sent to the Sailor via message, reminding them to discuss possibilities with their family, update their Page 2 dependent information, and to contact the detailer at the nine-month window. At the nine-month win-

dow, the Sailor should screen orders possibilities on BUPERS Access (<http://www.bupers.navy.mil>) on the view-only JASS program, and call the detailer to discuss the orders they're interested in. A formal application for the orders is then made by the command career counselor on JASS, and if selected, the orders are written.

"DCI forces us to listen," said Rear Adm. Hamlin Tallent, assistant chief of naval personnel for distribution. "It's not about us getting a list of jobs and trying to get a Sailor to do what we want; it's about listening to them. The goal is 100 percent contact, to find out what they want, what their spouse wants, and their

see **DETAILER** on page 1

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pany by many measures, including the level of service provided to TRICARE beneficiaries."

"However, Anthem has decided to focus on its core Blue Cross and Blue Shield health benefits business and on those specialty businesses that enable Anthem to offer a broad line of products to those health plan customers," added Gagel. "TRICARE administration is outside of this focus."

"I believe this is a positive decision for the TRICARE program, our TRICARE beneficiaries and our Anthem Alliance business," said William R. Vandervennet, Jr., President of Anthem Alliance. "Humana's commitment to the TRICARE program and HMHS' successful contract administration in Regions Three and Four will allow a smooth transition for our TRICARE members and providers."

The transition of operations from Anthem Alliance to HMHS is expected to have no impact on the benefits or service received by TRICARE beneficiaries.

Stay fit with aerobics!



Stay fit with MWR by joining one of our popular aerobic classes. Classes meet Mon. through Fri. at 1100, Mon. through Thurs. at 1630, and Sat. at 0930. Get a super workout with hi and low impact aerobics, step aerobics, cardio kickboxing and abdominal work. For more information, call 953-5096.

The Origin of Naval Terms

"Ensign"

The name given the Navy's junior most officer dates back to medieval times. Lords honored their squires by allowing them to carry the ensign (banner) into battle. Later these squires became known by the name of the banner itself.

In the U.S. Army, the lowest ranking officer was originally called "ensign" because he, like the squire of old, would one day lead troops into battle and was training to that end. It is still the lowest commissioned rank in the British army today.

When the U.S. Navy was established, the Americans carried on the tradition and adapted the rank of ensign as the title for its junior commissioned officers.

NMCP volunteers deliver food for a good cause

By JO2 Duke Richardson

A small group of Sailors stationed here recently made deliveries throughout Hampton Roads for a well-known food service. They worked hard all day and they didn't expect to get paid. They didn't deliver for the typical pizza joint or Chinese food restaurant. They volunteered their services for the Meals on Wheels program.

Meals on Wheels is a nationwide program that provides nutritionally balanced meals to people who are unable to provide sustenance for themselves. The meals, as well as the daily contact by caring volunteers and professional case management allow frail, homebound persons to remain in their own homes...where they want to be.

"Our service extends from here in Virginia Beach all the way to Chesapeake around the North Carolina border," said Tracie Miner, executive director of the local Meals on Wheels program based in Virginia Beach. "We have a total of 17 routes throughout the Hampton Roads area," she said.

One NMCP volunteer, HN Paul Ariola, says that he had a great time delivering meals to the needy. "The people I saw today really seemed to appreciate the service provided today and I enjoyed helping them out."

"A good number of people we provide our service to are retired mili-



Photo by JO2 Duke Richardson
Lt. Steve Miner, NMCP's assistant radiation officer, gives a hot cooked meal courtesy of Meals on Wheels to Carol Scruggs.

tary, and seeing the military involved in Meals on Wheels is something that brightens their day," explained Miner. "It's something they can connect with rather than just a typical volunteer. It just really delights them.

"We have gotten so much positive feedback from our clients that say how much they love the interaction with our naval volunteers," she continued. "It's just great. The Navy is such a vital asset in the Meals on Wheels program."

Carol Scruggs, a Meals on

Wheels client, says that it makes her feel good to see the military out in uniform helping the community. "It is nice to see Sailors out here taking time out of their lives to help us like this," she said. "We appreciate this very much."

"It was a fun experience," said Ariola. "This is something that I would definitely recommend to anybody to be a part of."

If you are interested in becoming a volunteer for the Meals on Wheels program, you may contact the executive director at 757-306-2721.

Sailors receive \$250k life insurance coverage

By Michael McLellan, Navy Personnel Command

Millington, Tenn. (NNS) — The maximum coverage of Service Members' Group Life Insurance (SGLI) increased to \$250,000 on April 1, as provided by the FY01 National Defense Authorization Act. Service members currently pay \$16 per month for \$200,000 coverage; that will increase to \$20 per month for \$250,000 coverage. No action is required by the service member for the increased coverage to become effective.

Maximum coverage will be afforded to all service members. Service members who decline coverage or elect reduced coverage during this transition month will not be required to pay the April premium for full coverage. If the full premium is deducted from April's paycheck, the excess premium will be refunded.

Members who choose to decline or decrease coverage must complete and submit SGLV Form 8286 to their personnel office. If a member completes and sub-

mits SGLV Form 8286 on or after May 1 to reduce or decline coverage, the reduction will begin on the first day of the following month after the form is submitted. The revised SGLV Form 8286 is available on the Department of Veterans Affairs web site at <http://www.insurance.va.gov>.

The increased coverage is only part of the good news. Financial counseling is now available through a financial planning agency, Ernst and Young, to help beneficiaries make wise financial decisions and develop a personal financial plan. The service is provided at no cost by the Department of Veteran's Affairs.

"One of the key benefits offered with SGLI is the free financial planning package that is now available to beneficiaries," said Mr. Michael Wardlaw, deputy director of the Casualty Assistance and Retired Activities Division at Navy Personnel Command

see **SGLI** on page 11

Cyberwords may come back to haunt you

By JO1 Joseph Gunder, Navy News Service

Washington (NNS) — More eyes may be reading your private e-mail than you intended. That's the message Navy leadership wants to get across.

In NAVADMIN 06/01, Sailors were warned about the potential hazards from indiscriminate e-mail use. Most e-mail goes out over an unclassified network (also known as a Non-classified Internet Protocol Routed Network, or NIPRNET), and is subject to prying eyes — that's the message from the office of the director of Space, Information Warfare, Command and Control (N6), Vice Adm. Richard W. Mayo.

"E-mail is not transitory and does not disappear like a verbal exchange," warned the message. "E-mail is not pri-

vate and can easily be forwarded and modified beyond the control of any individual."



Specifically, Navy leaders want Sailors to consider Operational Security (OPSEC) before they hit that "send" button. A single e-mail from a Sailor on a ship sent to someone at home can be forwarded to hundreds of recipients, and that message can be reforwarded to thousands more. This increases the chances that a potential adversary could gain some inside knowledge of naval operations and tactics that they could use to their advantage.

The NAVADMIN added, that a description of an event in an e-mail may, by itself or along with other data,

compromise missions, capability, data or damage assessments.

"If in doubt," the message reads, "consult the chain of command and err on the side of caution." But possible enemies aren't the only ones interested in Navy e-mail. According to Lt. Jane Alexander of the Navy's Office of Information, Sailors aboard USS Cole (DDG 67) were shocked to find out that their personal e-mail messages sent home to family and friends were forwarded to media to be used as quoted material in news stories — without the members' permission. "What people don't realize is that once an e-mail leaves the ship, it enters the public domain," said Alexander.

"And who knows where it will end

see **EMAIL** on page 12

NMCP DAPA Corner

Families and Alcoholism



Alcoholism (as with all addictions) is a family disease that has devastating impact on each individual family member and on the family system as a whole.

In any family, the life of each member is joined with and affected by all the others, and may be seriously disturbed by the illness of another family member. This is not just the case with alcoholism—it happens with any major illness. If a parent or child is dying of cancer, for example, it is easy to see how an entire family is affected by and has to deal with the disease.

Because of the stigma attached to alcoholism, families often find themselves living in a virtual state of isolation. Family members may feel ashamed or embarrassed by the alcoholic person's behavior, guilty about not doing enough to help or even believing they caused the drinking, and often responsible for trying to get the alcoholic member to stop drinking. Sometimes family members will make excuses for the drinking or deny that it is harmful. Frequently, families deny that there is any problem at all.

Depending on the nature and duration of active alcoholism, family members will be affected differently and, like the alcoholic member, may need different types of treatment. Help is available for alcoholic families through support groups such as Al-Anon and Alateen. These 12-step support groups meet to share experiences, strength and hope with each other, discuss their difficulties and learn effective ways to cope with their problems. Local telephone directories usually have a phone number for an Al-Anon/Alateen contact who can provide information on where and when meetings will be held. If no local listing is provided, individuals can contact the Al-Anon Family Group Headquarters, P.O. Box 862, New York, NY, 10018-0862, (212) 302-7240 (1-800-344-2666 between 0800 and 1800 EST on weekdays).

Responses to questionnaires sent to adult children of alcoholics have revealed that 37 percent described themselves as alcoholic, they more often married alcoholic, and they more frequently had alcoholic relatives. Family disruption (divorce, death), verbal arguments, physical violence or abuse, and feelings of responsibility for parent conflict were reported more often in the childhoods of adult children of alcoholics than in control group. Other research has shown that adult children of alcoholics have poor communication skills, difficulty expressing feelings, role and identity confusion, and over-responsibility.

Recovery support groups for adult children of alcoholics have been formed. For more information, write or call Adult Children of Alcoholics, World Service Organization, P.O. Box 3216, Torrance, CA 90510. Telephone (310) 534-1815.

The Navy encourages, to the extent feasible, family participation in the treatment process. At Counseling and Assistance Centers and Navy Alcohol Rehabilitation Centers/Departments, family involvement increases the potential for successful outcome. Family members are afforded the opportunity for education, counseling, and rehabilitation on a space/time available basis. Additional resources are available through Family Service Centers, naval hospitals, and healthcare providers (CHAMPUS)



-By HM1 Marsha Burmeister, NMCP DAPA

Quick thinking corpsman helps save a life

By Dan Gay

The quick thinking of a hospital corpsman recently contributed to the potential life-saving surgery of a critically ill child. HM3 Christian M. Jenkins, a corpsman assigned to the Naval Medical Center, Portsmouth, Operating Room Services Department, was on duty when the call came to assist in the emergency surgery of a very sick child who had an abdominal compartment syndrome.

This condition caused the patient to have very low blood pressure and difficulty breathing. An emergency laparotomy to relieve pressure on her organs had to be performed immediately. "Unfortunately, she was too unstable to be transported to the OR, so we had to operate on her in the Pediatric Intensive Care Unit," said Lt. Cmdr. Frazier W. Frantz, who is assigned to Pediatric Surgery. Jenkins, who was on call in the OR that day,

singlehandedly collected in less than 30 minutes all the instruments and special equipment that was needed to perform the surgery. He then assisted as the scrub technician for the case.

"His extraordinary performance allowed us to deliver timely care for this patient, who would otherwise have continued to spiral," said Frantz. "This behavior should serve as a model for all of us as the type of performance we can deliver when called upon in the time of need," he continued.

Jenkins' quick, professional response was instrumental in the surgeon's ability to save the life of this seriously ill child. He was subsequently awarded the Navy and Marine Corps Achievement Medal in recognition of his professional performance above the call of his normally assigned responsibilities.

Play hard and break a sweat, not your leg

By Jim Garamone
American Forces Press Service

Sports are a big part of the military culture, but service members have to be more careful when they play. Sports and recreation participation are major causes of injuries in the armed forces, said Diana Settles, program manager for injury prevention and physical fitness for the Navy.

"DoD spends \$600 million to \$750 million per year to treat musculoskeletal injuries," said Settles, who also works on the DoD Injury Occupational Illness Prevention Committee.

While this statistic covers all musculoskeletal disabilities, a significant number are due to sports accidents, she said.

Settles said DoD is trying to get a better handle on the scope of the problem, but that's been hard because many sports injuries occur during off-duty hours.

The effects of these injuries are far-reaching. There is, of course, the pain service members suffer. But also, injuries affect the mission. "During Desert Shield and Desert Storm, the Army reported its medical evacuations and hospitalizations were primarily sports and recreational activities," Settles said. These injured soldiers were unavailable for duty when the war started. Other soldiers had to take their places or their fellow sol-

diers had to do the job with fewer personnel.

The Air Force reports that basketball is the cause of most sports injuries. It is followed by softball, flag football, snow skiing and cycling. Basketball provides a good example of what service members can use to avoid injuries, Settles said. "Basketball is very popular and service members play the sport year-round," she said. "Pick-up games are common and they are played indoors and outdoors." Pick-up games commonly do not have referees.

Settles said service members must consider internal and external "risk factors" when approaching recreation and sports activities. Internal factors include the shape the players are in and their physical anatomies.

Using basketball as an example, it is an aerobic sport involving a lot of running. There's a level of fitness people should meet before playing the game, Settles said. The sport requires a lot of lateral movement. Players should warm-up and stretch for five to 10 minutes before taking the court. She said local morale, welfare and recreation specialists can advise service members what types of stretching are best for various sports.

Ignoring external factors can also cause accidents. In the case of basketball, such factors include the condition of the court and the proper

use of players' equipment. Don't just pick up a basketball and start playing. Check out both indoor and outdoor courts to ensure they are dry and do not contain sharp or foreign objects. They should be properly lit. Make sure there is enough room behind the hoop so players don't run into a wall or go up on a curb. Wear the correct shoes when playing hoops. "Many times people are playing basketball in running shoes," Settles said. "There is little lateral ankle support in running shoes-which predisposes the athlete to an ankle injury." Sprains and knee injuries are the likely injuries that result from playing basketball. Every sport has internal and external risk factors, and service members who are aware of them can cut down on injuries.

DoD is trying to reach service members through their coaches, units and specialists in the recreation centers. "The service man or woman needs to understand the internal and external risks associated with their sports," Settles said. "This could be relayed to them via coaching staff, the MWR personnel, personal training personnel or the officials. I think the 'train the trainer' is important, but the individual service man or woman has to take control and understand what the risks are with their sports and work to minimize them."

NMCP announces Sailors of the Quarter

By JO2 Duke Richardson

Naval Medical Center Portsmouth recently came together to praise the efforts of three of the hospital's finest Sailors. Through hard work and dedication, stellar performers HM1 Florian Rio was named Sailor of the Quarter, HM2 Richard A. Whitehead received the Jr. Sailor of the Quarter award, and HN Rebecca Morrell won the Bluejacket of the Quarter distinction.

Capt. Mark Olesen, NMCP's



Photo by JO2 Duke Richardson
Capt. Mark Olesen presents the Bluejacket of the Quarter award to HN Rebecca Morrell.

Acting Deputy Commander at the time of the event, said the award winners are some of the finest to serve towards the hospital's success, and their road to success is from the support of the entire NMCP community. "The people we are honoring here today didn't make it here alone," said Olesen. "They are part of a team that helps support them and leads to their good overall performance. It is an honor to thank them for their support and for the great job they have done."

NMCP's newest Jr. Sailor of the Quarter says he feels honored at winning the distinction because he gets a feeling of satisfaction and accomplishment. "Winning the award was a great surprise to me but I'm happy to be named the Jr. Sailor of the Quarter," said Whitehead. "The process was challenging but I'm happy to have come out of it as the winner."

The Bluejacket of the Quarter also shares the feeling of accomplishment as the Jr. Sailor of the Quarter. She says that although the



Photo by JO2 Duke Richardson
Capt. Mark Olesen presents the Jr. Sailor of the Quarter award to HM2 Richard A. Whitehead.

competition was tough, she feels a sense of satisfaction. "It was a little hard getting to this point, but I welcomed the competition," said Morrell.

She went on to say that it is good to show where your spirits lie when it comes to getting the job done. "It is nice for us to be recognized for our efforts," said Morrell. "Work hard and show pride in the Navy and your job and there are very few things that can be done in the long run."

Now is the time to keep your cool

By JO2 Duke Richardson

This is the time of the year that is the busiest for your body. With warmer, more humid temperatures the body will be working harder than normal to keep cool. This is especially true when performing strenuous activities such as heavy exercise routines or hard, physical labor.

The additional stress placed on

the body during these times can lead to heat cramps, heatstroke, or heat exhaustion. Of the three conditions, heat cramps and heat exhaustion are normally temporary, but heatstroke is a medical condition that requires quick life-saving action from a professional.

Heat cramps are painful muscle spasms that occur either during of hours after an activity done in a hot environ-

ment. The arms, legs and abdomen are normally the first parts to be affected, but any muscle can be targeted. People who sweat profusely and drink a lot of water but fail to replace body salt are the ones who become afflicted with heat cramps. A low salt balance in the muscles can also cause cramps.

The best way to get relief from

see COOL on page 9

DETAILER *continued from page 2*

career needs, and how that fits into the Navy manning picture."

Administrative assistants have been hired to handle routine clerical duties, allowing detailers to spend more time on the phone with their constituents, and the detailer training program has been completely changed to support pro-active detailing. Detailers are also working much more closely with fleet career counselors, particularly those overseas, to arrange the best times to contact Sailors. Another facet of DCI is a more focused detailer travel program. Detailers now develop visit plans, targeting specific Sailors to contact. "We

get lists from career counselors on who needs to hear the Navy's story," Tallent said. "By concentrating on Sailors who CCCs identify as at-risk of leaving the service, we're better able to listen to them and focus on what we can do to retain that person. In the first quarter alone, we convinced nearly 200 Sailors to accept orders rather than leave the Navy."

See us online at
www-nmcp.med.navy.mil

Feathered friends invade Hospital Point

By Robert D. Jones, NMCP Environmental Program Manager



Photo courtesy of the Illinois Natural History Survey
The Yellow Crowned Night Herons are migratory birds whose habitat stretches all along the East Coast.

You can tell spring has arrived by the heavy construction going on at Hospital Point. No, I am not talking about the renovation of Building one, it's the annual arrival of the Yellow-Crowned Night-Herons constructing their nest.

For the last several years a

within 21-25 days.

Yellow-Crowned Night-Herons feeds mostly at night, hence the name. They also will feed during the day, especially with hungry nestlings to feed. It feeds on large number of crustaceans, particularly fiddler crabs and crayfish, but also will feed on fish, insects.

Hospital Point provides an excellent nesting site with a near by food supply. However, spring thunderstorms reek havoc on their nest, sometimes blowing the entire nest out of the trees. These birds and their nests are protected by the Migratory Bird Treaty Act (MBTA).

The Yellow-Crowned Night-Heron and their nests can not be harassed or disturbed.

For more information, contact NMCP's Facilities Management Department's Environmental Branch at 953-7863.

colony of Yellow-Crowned Night-Herons have made Hospital Point their home. A survey of their nest was conducted on April 19, by Facilities Management Department's Environmental Branch. Seventeen active nests were counted, about five more nests this year compared to last years count.

These birds are identified by a stocky gray body, black head with a yellowish-white crown. They also have a white cheek patch, a dark stocky bill, with yellow legs and standing close too 24" tall. The yellow-Crowned Night-Herons are migratory birds whose habitat stretches from Maine to Florida along the east coast. The Yellow-Crowned Night-Herons nest in solitary or in small colonies with other herons. Their nests consist of a platform of coarse sticks lined with finer twigs and leaves. Their eggs are pale bluish green and hatch

NMCP dietician wins prestigious award

By JO3 Jodi Durie

It was Lori Tubbs' diversity and vast knowledge in the field of dietetics that recently earned her one of Naval Medical Center Portsmouth's dietitians the title, State of Virginia's Emerging Dietetic Leader for 2001.

Nominated by the Tidewater Dietetic Association, Tubbs, was chosen based on the uniqueness of her career.

As a Health Promotion Educator with specialties in nutrition and fitness, she has worked in NMCP's Health Promotions Department for more than three years.

"As a dietitian she expertly managed a myriad of patients and increased the standard of support given to our military patient population. Her knowledge and expertise include nutrition, sports nutrition, weight management, food production management, physical fitness, and sports medicine. She successfully integrated them into all aspects of health promotion Navy wide," according to Cmdr. Leanne M. York-Slagle, head of the Health Promotions Department.



Photo by JO3 Jodi Durie
NMCP dietician Lori Tubbs recently won the State of Virginia's Emerging Dietetic Leader for 2001 award.

Although her main function as a dietitian at NMCP is nutrition education and awareness she is actively involved in the military community. From training with the Navy SEALs to de-

playing on ships, she enjoys teaching others how to live healthy lives.

"One of the great things about my job is that I deploy. My role is to support the fleet, and there is a great need for dietitians, especially on carriers," said Tubbs.

Unlike traditional dietitians, as a health promoter, she counsels healthy people.

"I try to get people to convert their ways so we can decrease the number of patients coming into the hospital," she said. "If I can convert two to three people to a healthier way of thinking, I've made a difference," said Tubbs.

Lap Swimming Available



The indoor pool is open Monday through Friday from 6 a.m. to 8 a.m. for swimming. Stop by and check it out, we have great locker facilities, hot tub, sauna and a friendly staff.

For more information call 953-5946.

Use your head when taking a plunge

By Dan Gay

Statistics can be quoted to prove almost any point you wish to make. Playing trivia with statistics is entertaining when friends gather to play games.

There are some stats you absolutely should know, but oftentimes just don't pay attention.

For example, what is the most popular form of sports and also one of the healthiest? What is the fourth leading cause of accidental death? What is the second leading cause of accidental death in chil-

dren five years old and less?

If you haven't guessed the answer, it's time NOW to pay attention. One last clue: the season is fast approaching.

ANSWER: Swimming.

Following a few simple rules can prevent most deaths. They are well-publicized year, after year, after year, and still the stats for accidental drowning remain constant. Here we go one more time:

-Never dive in unfamiliar waters. It may too shallow and, you could suffer spinal or head injuries

-Always use proper emergency equipment. Keep at least a life ring attached to a 12-foot pole near the pool.

-Maintain sobriety. That includes your friends - and YOU. Alcohol consumption can alter your awareness and may also dehydrate your body on hot, humid days.

-Keep an eye on the weather and exit the water during thunderstorms.

-Use the buddy system and don't swim alone.

*see **SWIM** on page 11*

COOL continued from page 7

heat cramps is to apply pressure on the cramped muscles or by massaging them until they relax. You may also give the victim a half a glass of water mixed with a teaspoon of salt every 15 minutes for an hour if he/she has no other medical condition. But, victims with other medical conditions should see a doctor right away.

Heat exhaustion is a condition which occurs when more salt and fluids are lost during heavy sweating than are taken into the body. The victim is usually pale and clammy, and other symptoms, such as heavy sweating, dizziness, weakness, nausea, rapid breathing, a fast but weak pulse, headache or fainting, may be present. But, there is a chance that the body temperature may stay fairly normal, and symptoms are usually reversible if treated promptly.

A person who has been stricken with heat exhaustion should lie in a cool, but not cold place, with their feet elevated eight to 12 inches and clothing loosened. Any heavy articles of clothing they may be wearing should be removed. Apply cool, wet cloths to the victim and proceed to fan them. If the heat exhaustion victim is not vomiting, have them sip cool water containing a teaspoon of salt. If desired, you can add fruit juice to make the taste more appealing. If the victim vomits or faints, get the person medical attention immediately.

If not recognized or treated appropriately, heat exhaustion can lead to heatstroke, the most serious of the heat-related injuries discussed here.

When heatstroke occurs, the body has lost the ability to keep itself cool. The body's heat-regulating system breaks down under stress, and the ability to sweat ceases. The victim may have skin that is hot, dry and red or spotted and also has a high body temperature of 105 degrees or higher.

There is also a great chance that the victim may experience confusion, fainting or convulsions with very little warning. If not treated, the high body temperature can lead to death.

The first thing to do in this situation, obviously, is

to get the victim cooled off quickly. While another person is seeking medical attention, spray or immerse the victim in cold, but not icy, water. Cool, wet cloths can also be used to massage the victim's feet, hands and torso. Be sure to check and keep a record of the victim's temperature every five minutes. Continue the cooling down process on the victim until the temperature drops and stays below 102 degrees. But nonetheless, keep the victim cool by using a fan or air conditioner until medical assistance arrives on the scene. Once the victim has received emergency medical treatment, contact a doctor for follow-up care.

Although it is natural to get all psyched up and rarin' to go once the sun starts shining and the temperature starts heating up. While this is not necessarily a bad thing, common sense and cautionary measures must rule out. Some steps you can take to greatly minimize your chances of getting one of the heat-related disorders mentioned here are:

- 1) Wear loose, cotton clothing
- 2) Drink plenty of fluids except alcohol and carbonated drinks. They can lead to cramps and may possibly dehydrate you.
- 3) Do not exercise or engage in strenuous activities on very hot days.
- 4) Avoid heavy meals and hot foods because they add heat to your body.

Don't expect to do any more than half of the activities you normally would when you first experience a hot environment. Slowly increase your activities day-by-day until you once again reach your normal capabilities. This will normally take anywhere from three to six weeks for the body to fully adjust to the environment.

The ones to really watch out for during the warmer months are babies and old people since they are especially at risk to suffer from a heat-related disorder or to suffer physical problems from excessive heat. Check on them frequently during a heat wave and watch out for yourselves as well during the coming months.

NMCP doctor wins major national award

By JO3 Jodi Durie



Photo by JO3 Jodi Durie
Lt. Joe Coleman recently won the Charles R. Loar Literary Award. Coleman is an administrative resident here at NMCP.

This may be his first major award, but it most likely won't be his last.

Lt. Joe Coleman, an administrative resident at Naval Medical Center Portsmouth from the U.S. Army Baylor University Masters Health Administration (MHA) Program recently earned the Charles R. Loar Literary Award.

The annual award named in honor of Rear Adm. Charles R. Loar is a national Navy award that recognizes authors who have completed research in Health Care Administration.

Numerous doctors, nurses and administrators submitted papers with hopes of receiving this highly competitive award, but the judges chose Coleman's paper because he tied new theory to current concerns. Coleman began researching this award-winning idea for his master's thesis, "Aligning Governance and Strategy in the

Development of Medical Readiness," four years ago. In his paper, Coleman basically suggests that the military standardize the way they train and what they train. Coleman, himself, never really understood how to be fully operational ready hence his idea for his thesis.

"Making our training more efficient and less confusing is what drove me to conduct my research," he said. In the medical community, it can be especially difficult to have the time to receive the training you need, according to Coleman.

"It's important to make sure training is effective because in the medical department we have a dual mission. We see patients every day so there isn't much allotted time for training. So, when we do train we have to make sure it is worth it," explained Coleman. "I hope to standardize the development of medical readiness among all services," he said.

Coleman's ideas are similar to NMCP's current realignment, in which he is actively involved. "I have been a part of four subcommittees in the realignment effort which has been very valuable in light of the optimization efforts going on across the military health system.

"I am eternally grateful for what the Navy has done for me and I'll do everything I can to support its mission," said Coleman proudly.

For more information regarding NMCP's realignment, refer to www.nmcp.intranet.mar.navy.mil/procimprov/index.htm

ONE continued from page 1

of World War One, that number exploded to 1400. There was so much growth that in 1917 work was in full swing to enlarge the hospital to accommodate the heavy load.

By the time that the end of World War Two rolled around, there was a mass development effort going on in the Hampton Roads area. New facilities were being built and the older ones were being expanded and "modernized." The Naval Hospital was placed on the block for modernization due to the continued development of military facilities in the area.

In 1957, the end was drawing near for Building One's role as the primary medical facility as construction on the then-state-of-the-art high-rise Building 215 began.

The role of Building One was gradually diminishing as construction on the Charette Health Care Center (Building Two) began winding down in early 1999. Once the new, 1.2 million square foot medical facility officially opened its doors on April 30, 1999, Building One

ceased to serve as a health care facility. However, the original naval hospital has not been forgotten or left in the shadows of progress. A "walking tour"



of Building One is on our command website or can be entered directly from the following address: <http://www-nmcp.med.navy.mil/nmcp hist/mainfs.htm>.

Additional photographs and historical information on Hospital Point is also available at the website.

Steps to preserve the original hospital as well as the medical center's historic structures were taken by working with the Virginia

State Historical Preservation Office and the State Advisory Council on Historical Preservation. For nearly two years, there has been an ongoing effort going on to restore the original naval hospital to its original state, and a grand celebration commemorating the original hospital AS WELL AS the many men and women who served there. This is where you come into the grand scheme.

Naval Medical Center Portsmouth will be holding a bash to end all bashes aimed at celebrating the rebirth of Building One later this year. If you have any connections with the history of Building One such as once serving there, was a patient there, was born there, etc., then we want to hear from you.

If you have any memorabilia such as old photographs of Building One, or if you would like additional information on the commemorative ceremony, write to: Attn: Public Affairs Office, Naval Medical Center Portsmouth, 620 John Paul Jones Circle, Portsmouth, Va, 23708.

FUN AND SUN...A DEADLY MIX?

By JO2 Duke Richardson

Springtime is here and summertime is sneaking around the corner. But before you go breaking out the beverage cooler and start racing off to have some fun in the sun, it pays to remember that there are a number of dangers to beware of during the "sunny months."



Sunburn is one of the many things that people suffer from during the spring and summer seasons. It's not an uncommon sight to see sun-worshippers literally burnt to a crisp or "lobsterized" by the sun's deadly rays. Overexposure to the sun's rays can be extremely hazardous. This can lead to premature aging of the skin, immune-cell disruption, cataracts and other eye problems. In the most extreme cases overexposure to the sun can lead to skin cancer.

There are a number of things you can do to greatly minimize your chances of getting bit by the sun's ultraviolet rays.

1) Avoid sun exposure when it is at its greatest. This is from 10 a.m. until 3 p.m.

2) Make sunscreen your best friend during the spring and summer. Ensure that it has a skin protection factor (SPF) of at least 15 and reapply it regularly, especially after swimming or sweating heavily. The sun's rays

can be reflected up to areas of the body that might not be protected, such as under the chin, so don't neglect those areas.

3) Apply zinc oxide cream to nose and lips.

4) Be sure to wear sunglasses that block ultraviolet rays, especially while sunbathing or using tanning booths.

5) Wear protective clothing and a hat on sunny and cloudy/bright days.

If by chance you or someone you know gets a mild sunburn there are ways to treat it. One of the best methods is by taking a cool bath or shower, using cool compresses and applications of calamine lotion. Be sure to avoid sun exposure until the sunburn has completely faded, otherwise, there is a chance that it could get worse.

Anesthetic sprays containing benzocaine also helps relieve the pain that comes with sunburn. You can also take aspirin or acetaminophen to reduce pain and inflammation. You should also avoid clothing that rubs the burned area.

If a case of severe sunburn results in blistered skin, do not apply any topical medicine to the burn unless a doctor tells you to do so. It is also a good idea to not break the blisters since that could lead to infection. If the blisters break on their own, bandage



them lightly.

When suffering from any type of sunburn, be sure to drink plenty of fluids to keep hydrated and immerse the affected areas in cold water for 10 minutes at a time. If the problem persists, or if a headache, nausea or a high temperature is present, contact a doctor.

Armed with these tips, and a healthy sunscreen, the summer months should provide you with hours of outdoor enjoyment without getting burned.

SWIM *continued from page 9*

Now here are a few precautions for the little ones.

-First keep your pool area fenced in and keep it locked when unsupervised.

-Always keep your eyes focused on the little ones.

-Get you child involved in swimming lessons.

-Watch the depth markers.

-Wear flotation devices.

The test now is to stay safe and not become one of those ugly statistics.

Be every vigilant in all phases of water sports from skiing to boating to swimming/diving. But also be vigilant in making sure that you and those around you remember safety while enjoying your activities.

SGLI *continued from page 4*

(NAVPERSCOM) in Millington, Tenn.

"Program beneficiaries will receive a brochure on this program in the event of a member's death, and will also be provided with an information kit prior to the initial meeting with Ernst and Young."

Wardlaw continued, "Another aspect of the program is that the cost of coverage will stay the same, in that cost per \$10,000 coverage will remain at its current level of \$.80."

Beneficiary election rules have not changed. While service members are not restricted in their election of beneficiaries, careful consideration is recom-

mended before designating a minor child as a beneficiary.

According to Wardlaw, "Each state has similar laws with some variations regarding children who are designated as beneficiaries. Before a Sailor makes a decision to leave money to a minor child, I would recommend that they contact their Navy Legal Service Office for advice."

Further details will be available in a forthcoming NAVADMIN. For more information on the SGLI program, please contact Ms. Sandy DuBois of NAVPERSCOM's Casualty Assistance Branch at (901) 874-4299/DSN 882.

What's Cookin' in the galley?

May 1,15,29Lunch

Minestrone Soup
Baked Chicken
Mashed Potatoes
Chicken Gravy
Spaghetti
Sugar Cookies

Dinner

Mushroom Soup
Salisbury Steak
Pork Loin
Green Beans
Squash
Brownies

May 2,16,30Lunch

Beef Vegetable Soup
Chicken Strips
Beef Yakisoba
Rice
Apple Crisp
Oatmeal Cookies

Dinner

Clam Chowder
Swiss Steak
Lemon Baked Fish
Steamed Rice
Brown Gravy
Sweet Potatoes

May 3,17, 30Lunch

Cream of Potato Soup
Baked Turkey
Chili Macaroni
Mashed Potatoes
Turkey Gravy
Sugar Cookies

Dinner

Corn Chowder
Pork Roast
Baked Chicken
Cauliflower
Dinner Rolls
Lemon Cake

May 4,18,31Lunch

Clam Chowder
Beef Stroganoff
Creole Fish
Green Beans
Squash
Apple Crisp

Dinner

Beef Noodle Soup
Chicken Breast
Meatloaf
Mashed Potatoes
Brown Gravy
Brownies

May 5,19Lunch

Cream of Broccoli
Pot Roast
Stuffed Green Peppers
Parsley Potatoes
Cauliflower
Marble Cake

Dinner

Onion Soup
Lemon Baked Fish
Braised Beef Tips
Rice
Dinner Rolls
Cherry Cobbler

May 6,20Lunch

Chicken Rice Soup
Turkey ala King
Swiss Steak
Egg Noodles
Dinner Rolls
Choc. Chip Cookies

Dinner

Clam Chowder
Roast Beef
Chicken Strips
Steamed Rice
Rolls
Choc. Pudding

May 7,21Lunch

Pea Soup
Chicken Fiesta
Lasagna
Steamed Rice
Rolls
Choc. Cake

Dinner

Mushroom Soup
Baked Ham
Baked Fish
Egg Noodles
Green Beans
Brownies

May 8,22Lunch

Beef Noodle Soup
Roast Turkey
Beef Stew
Egg Noodles
Sugar Cookies
Rolls

Dinner

Chicken Noodle Soup
Roast Beef
Baked Fish
Steamed Rice
Macaroni & Cheese
Apple Pie

May 9,23Lunch

Chicken Noodle Soup
Roast Beef
Baked Fish
Macaroni & Cheese
Squash
Choc. Chip Cookies

Dinner

Minestrone Soup
Turkey Tetrazzini
Salisbury Steak
Brown Gravy
Green Peas
Strawberry Chiffon

May 10,24Lunch

Lentil Soup
Chicken Strips
Sweet & Sour Pork
Rice
Vegetable Medley
Sugar Cookies

Dinner

Tomato Soup
Roast Pork
Baked Chicken
Parisienne Potatoes
Egg Noodles
Orange Cake

May 11,25Lunch

Vegetable Beef Soup
Teriyaki Beef Strips
Linguini
Steamed Rice
Mashed Potatoes
Apple Crisp

Dinner

Clam Chowder
Pot Roast
Lemon Baked Fish
Macaroni & Cheese
Steamed Rice
Lemon Cake

May 12,26Lunch

Chicken Noodle Soup
Meatloaf
BBQ Chicken
Scalloped Potatoes
Steamed Rice
Choc. Cream Pie

Dinner

Vegetable Soup
Pork Chops
Pizza
Mashed Potatoes
Cauliflower
Oatmeal Cookies

May 13,27Lunch

Bean Soup
Roast Turkey
Swedish Meatballs
Egg Noodles
Squash
Carrots

Dinner

Cherry Pie
Turkey Rice Soup
Roast Beef
Chicken Vega
Mashed Potatoes
Steamed Rice
Beets
Oatmeal Cookies

May 14,28Lunch

Egg Drop Soup
Honey Lemon Chicken
Eggplant Parmesan
Steamed Rice
Chicken Gravy
Dinner Roll
Peach Crisp

Dinner

Vegetable Soup
Braised Beef Strips
Baked Fish
Macaroni & Cheese
Rice Pilaf
Carrots
Pound Cake

LUNCH AT THE CLUB!

The Sandbar Center, located beside the NEX, is a great place to stop for lunch. We offer a luncheon buffet on Mon., Tues., Weds., and Friday. Thursday is steak day, complete with baked potato and salad. You may also choose to visit our Market St. Grill, which offers cold sandwiches and subs as well as hot items from the grill. Call 953-5017 if you would like more information.

**FMD continued from page 8**

every year, guaranteed. Each spring, we're certain to have children come in to the clinic all the time for HFMD, but it's a harmless disease totally different from FMD."

There are numerous ways for people to help curtail the spread of Foot-and-Mouth Disease, according to the U.S. Department of Agriculture's (USDA) Animal and Plant Health Inspection Service (APHIS). Travelers can ensure that they don't bring in prohibited food items and other products such as soiled footwear and clothing that could transmit FMD. They should also ensure that luggage, packages, and mail are free of prohibited meats, dairy products, and other at-risk items before they are shipped into the U.S.

Travelers should also make note of visits to farms, ranches, or other areas where livestock are raised or kept. This also includes visits to zoos, circuses, fairs and other facilities and events where livestock and animals are exhibited.

They should also shower and shampoo before and after returning to the U.S. from an FMD-infected country. If any contact with livestock has been made while in an FMD-infected country, you should avoid all contact with livestock, zoo animals, or wildlife for five days after returning to the United States.

For more information on actions to protect the U.S. from FMD, access the USDA's website at www.usda.gov.

EMAIL continued from page 5

up." The other e-mail-related point that Navy leaders want to get out is that e-mail on a government interest system should conform to Navy policy. "Navy policy prohibits racist, sexist, threatening, pornographic, personal business, subversive or politically partisan communications."

According to the NAVADMIN, e-mail from Sailors reflects on the professionalism of the Navy. Members have to watch what goes into, or is attached to, e-mails to keep data out of the wrong hands and to keep up a sharp appearance.